

Self-Care Tips

1. Give your head some space

At the Hospice, we are lucky to be surrounded by cakes, biscuits, chocolates and more cakes... the list goes on and it is important to, when we can, take those 5 or 10 minutes to recharge. Our brains need a break too. Taking the time to meditate, even if it's just for a few minutes, can really improve your emotional wellbeing. Apps like [Insight Timer](#) and [Headspace](#) can help you clear your mind when you need to. Here is a [3 minute Mindful Breathing Meditation](#)

2. Detox from social media

There is a lot of information to process at present and there is also a lot of misinformation. Social media isn't all bad, but it can contain material from unreliable sources. Consider a detox to remind your brain what's important and escape the dopamine abuse cycle that leads to social media dependence. This could be a complete detox from it or reducing the amount of time spent. A real simple start would be turning off the notifications from social media apps.

3. Exercise breaks

If meditation is not your thing, try exercise on your breaks. This not only facilitates better physical health, but it's also proven to help emotionally and mentally thanks to the release of endorphins. Try walking around the building or our beautiful gardens or a walk down to the orchards close by when you feel overwhelmed or tired, to improve mood and focus.

4. Take your break

Even in during a pandemic, it is still vitally important that you take your lunch break and preferably away from your desk (if you work at one).

5. Keep healthy snacks nearby

Grazing throughout the day is crucial to keeping your energy up. A balance of healthy fats, carbs, and protein will improve your mental acuity and help you avoid crashing while you're working.

6. Take the stairs whenever possible

We don't have many stairs at the Hospice but choosing to taking them can help get your heart rate up and bring up your energy for a while.

7. Get more sleep

This isn't an easy as it sounds, yet it's all too easy to sleep less than the recommended 7 to 8 hours. Get as much as you can so you can feel better, and your ability to focus and work efficiently will be improved tenfold.

8. Try some breathing exercises to relax

If you're feeling overwhelmed, deep breathing can help. Try these to unwind and combat anxiety.

9. Speak to your manager

Speak to your line manager if you are struggling, especially if any health issues or stressful situations arise.

10. Use Clinical Supervision

Clinical Supervision is useful to hear about other colleagues' experience of work situations. It's also a chance to get support and ideas on issues you bring to these sessions.

[BOOK A CLINICAL SUPERVISION SESSION](#)



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